

Concerned About Your Relationship?

- Are you ever afraid of your partner?
- Does your partner tell you what to do and who to see?
- Has your partner ever threatened to harm you?
- Has your partner ever pushed or hit you, thrown things at you or forced you to have sex?
- Does your partner threaten to have you deported?

**IF YOU ANSWERED "YES,"
EVEN ONCE,
YOUR PARTNER
MAY BE ABUSIVE.**

Abuse Affects Your Health

Abuse usually gets worse over time and will eventually have a harmful effect on you. Is your relationship causing any of these problems or making them worse?

- Anxiety, depression or feeling bad about yourself;
- Sleep problems or feeling tired a lot;
- Physical injuries;
- Inability to pay attention to your children;
- Headaches, back or stomach pains, frequent colds, flus or high blood pressure;
- Eating problems, such as eating too much or not at all;
- Sexually transmitted diseases and unwanted pregnancies from forced sex;
- Substance abuse.

It started with his criticisms and put-downs. The verbal abuse expanded to his driving crazy and hitting me.”

JULIE

Health Care Providers are Here to Help

Please let the nurse or doctor know that you are afraid of your partner or that your partner is hurting you.

YOUR HEALTH CARE PROVIDER MAY BE ABLE TO:

- Meet with you privately.*
- Talk with you about your options.*
- Help you find a safe place to stay, counseling, legal help or other services you may need;*
- Keep records (including photos) of any injuries.* These will be useful if you ever decide to go to court for a restraining order or to seek custody of your children.



I really appreciate it when my patients tell me what's going on. I know it's hard to speak up. But telling the truth is the first step to getting help."

LEIGH, DOCTOR

You should know that in some states the law requires clinics and hospitals to report certain kinds of abuse. Call one of the local resources listed on the back to discuss what the law is in your area.

Take Action: What You Can Do

- *Talk with somebody you trust:* a friend or relative, someone from your job or house of worship, or someone at this clinic or hospital.
- *Put together an "emergency kit"* of things you would really need if you had to leave suddenly, such as identification, medicine, keys and money.
- *Call one of the groups listed on the back* to find out about counseling, books you can read about abuse, support groups and other free and low-cost services.
- *Call the police if you are in danger.*
- *If you decide to leave, take your children with you.*
- *Remember that you are the expert about your own life.*
Don't let anyone talk you into doing something that's not right for you.

 *Abuse is the cause of so many of our patients' health problems. I try to listen and help them find safety.”*

JOHN, NURSE

There is no Excuse for Abuse

You are Not Alone.

Abuse happens in every culture, every country and every age group and it may be happening to you.



I thought his jealousy was testimony of his love for me. I later realized it was a sign of his abusive behavior.”

KAREN

If you are being abused, you may feel frightened, hurt, confused, disappointed, angry, ashamed or hopeless. Your

partner might make it worse by blaming you. **But no one deserves to be abused or threatened.** You cannot stop your partner's abuse, but you can find help and support for yourself.

Local Resources

SAN FRANCISCO

All numbers are in the 415 area code.

24-HOUR INFORMATION ON SHELTER, COUNSELING AND OTHER SERVICES

■ ▽	W.O.M.A.N., Inc. (Women Organized to Make Abuse Nonexistent)	864-4722
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COUNSELING/SUPPORT SERVICES

◆ ○ ▽	Asian Women's Shelter	751-7110
○	Cameron House	781-0401
■ ▽	CUAV (Community United Against Violence)	777-5500
◆ ■	La Casa de las Madres	777-1808
◆ ■	Riley Center/Rosalie House	552-2943
■ ○	SF Women Against Rape	647-7273

LEGAL ASSISTANCE

○	Nihonmachi Legal Outreach	567-6255
■ ○ ▽	SF Neighborhood Legal Assistance	982-1300
■	Volunteer Legal Services Program	982-1600
■	SF Police-Domestic Violence Unit	553-9225

IF YOU ARE ABUSING YOUR PARTNER, CALL:

■	Manalive	552-1361
■ ▽	MOVE	777-4496

- ◆ Services include emergency shelter
- Spanish spoken
- Asian languages spoken
- ▽ Specialized gay, lesbian, bisexual and/or transgendered services

NATIONAL DOMESTIC VIOLENCE HOTLINE 800-799-7233



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